

FOOD FOR THOUGHT

Cafe 50's - West L.A. 11623 Santa Monica Blvd. West L.A. (310) 479- 1955 July 2014

What do you know about the 'Stars & Stripes'?

- A Vexillologist is an expert in the history of flags.
- Flying the flag upside-down means "Help me! I am in trouble!"
- The flag should be hoisted briskly and lowered cautiously.
- The flag of the United States should be at the center and at the highest point of the group when a number of flags of States or localities or pennants of societies are grouped and displayed from staffs.
- If the US flag touches the ground and gets dirty, it should be *washed* not burned (a crazy rumor!). Burning the US flag is reserved for those who hate American politics and policies and/or those expressing their "freedom of expression!"

MIKE PINGREE'S THROUGH THE LOOKING GLASS

FASHION POLICE! FREEZE! A man walking along a highway in Ludington, Mich., was wearing clothes so outlandishly conspicuous — a blue shirt and blue pants with orange stripes down the side — that passing police thought that he was an escaped prisoner. They held him until they determined that he was merely a bad dresser.

SOOOO, WHAT'S YOUR NAME, LITTLE LADY? Tran Viet Chu, a 75-year-old retired bricklayer, traveled to construction sites all over Vietnam for 60 years and usually managed to find a woman to dally with everywhere he worked. As a result, he claims, he has accumulated at least 14 wives and sired more than 80 children. He told a local newspaper, "I seem to have been born with this flirtatious tendency."

BUT MY FRIENDS CALL ME 'I': A man went to a Lake City, Fla., court to change his name to God. The judge refused him, so he changed his name to I Am who I Am.

TRY LOOKING BOTH WAYS BEFORE CROSSING: Nicolae Tabacu of Valea Mare, Romania, has been run over seven times in the past 15 years, four times by a car and once each by a motorcycle, a bus and a train. In his most recent mishap, a police car hit him as he came out from behind a parked vehicle and suddenly appeared in the street. He broke his leg. He has now broken every limb except his right hand.

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Something to ponder over on the 4th of July...
It's a funny thing about our nation... July 4th is its birthday,
but April 15th is when it collects the presents.



The History of the American Flag

Little or no documentation from the Continental Congress explains the design or origins of the flag. There have been various claims as to the origin or inspiration for the flag; many of the stories are possible, but none proven.

The most popular story of Philadelphia seamstress Betsy Ross sewing the first such flag seems to be unlikely. Betsy Griscom Ross, an American flag maker and reputed maker of the first United States flag, was born in Philadelphia. After her husband's death in 1776, she managed his upholstery business. In the same year, according to the legend, a committee led by the Revolutionary patriot George Washington, called on Betsy Ross and requested her to design and make a national flag. In 1870 a grandson of Betsy Ross made public the family story of this visit, and it subsequently received wide circulation. Independent researchers failed to establish documentary proof of the story, however, and historians generally doubt its authenticity. Although it is known that Betsy Ross made flags for the government during the American Revolution, no conclusive evidence exists that she made the national emblem adopted by the Continental Congress on June 17, 1777. (Funk & Wagnall's)

The most likely candidate for designer of the Flag appears to be Francis Hopkinson, a delegate from New Jersey to the Continental Congress. He was a signer of the Declaration of Independence and a recognized designer. A record was found of Mr. Hopkinson submitting a bill of \$2,700 to Congress for "currency designs, design for the Great Seal of the U.S., a treasury seal, a design for the Flag."



WHAT ARE THE SAFEST KINDS OF FIREWORKS?...

...A SPARKLER

(AS LONG AS YOU'RE NOT HOLDING IT IN YOUR HANDS).
WHY? If you're going to set off fireworks (which safety experts caution against), use small ones such as sparklers or fountains that don't "explode" or shoot out into the air. The potential for injuries is less severe. But keep in mind that sparklers burn at up to 1,800 degrees Fahrenheit. If you hold one in your hands you risk burning yourself or setting your clothes on fire. Instead, set the sparkler in a pot of sand or another non-flammable container.

Words of Caution: According to the Centers for Disease Control and Prevention, an estimated 9,500 people are injured in the U.S. each year while either orchestrating or watching home made fireworks displays.

Homemade and illegal fireworks, bottle rockets, firecrackers, and sparklers are the biggest causes of fireworks-related injuries. Bottle rockets, illegal in many states, are the most likely to cause eye injuries, since they can shoot out unpredictably and can exceed temperatures of more than 1,000 degrees Fahrenheit.

"Be Safe! Simple strategies for Death-Free Living"

-by Melissa Heckscher

The Legend of the "Arnold Palmer"

The refreshing concoction of Lemonade with Iced Tea has its roots with Arnold as a young boy during long, hot summer days at a golf course where his father worked. It was there he found his love and talent for golf. To beat the heat and revitalize his game, Arnold combined his two favorite drinks - Iced tea and Lemonade. It was his ultimate thirst quencher. As Arnold's career flourished, (he racked up 91 career tournament titles) this personal favorite soon became a clubhouse tradition at golf courses across America and is now fondly known as "The Arnold Palmer." Though it's not confirmed that Arnold Palmer invented Iced Tea Lemonade, he has certainly made it a personal favorite of millions.

Growing old is mandatory growing up is optional.

WELL BEHAVED WOMEN RARELY MAKE HISTORY.

When all else fails...manipulate the data.

what if the hokey pokey really is what it's all about?

DIVORCE JOKES...

-I'm an excellent housekeeper. Every time I get divorced, I keep the house. -ZSA ZSA GABOR

-Alimony is the arrangement whereby two people make a mistake, but only one person pays for it.

- We had a lot in common, I loved him and he loved him. -SHELLY WINTERS

-My husband was delighted with the divorce settlement. He got custody of the money.

-My wife and I were considering a divorce. But when we looked into the cost of lawyers, we decided to put in a pool instead.

The Founding Fathers

Have you ever wondered what happened to the 56 men who signed the Declaration of Independence?

- Twenty-four were lawyers and jurists.
- Eleven were merchants, nine were farmers and large plantation owners; men of means, well educated. But they signed the Declaration of Independence knowing full well that the penalty would be death if they were captured.
- Five signers were captured by the British as traitors, and tortured before they died.
- Twelve had their homes ransacked and burned.
- Nine of the 56 fought and died from wounds or hardships of the Revolutionary War. They signed and they pledged their lives, their fortunes, and their sacred honor.
- Two lost their sons serving in the Revolutionary Army, another had two sons captured.
- Carter Braxton of Virginia, a wealthy planter and trader, saw his ships swept from the seas by the British Navy. He sold his home and properties to pay his debts, and died in rags.
- Thomas McKean was so hounded by the British that he was forced to move his family almost constantly. He served in the Congress without pay, and his family was kept in hiding. His possessions were taken from him, and poverty was his reward.
- Vandals or soldiers looted the properties of Dillery, Hall, Clymer, Walton, Gwinnett, Heyward, Rutledge, and Middleton.
- At the battle of Yorktown, Thomas Nelson, Jr. noted that the British General Cornwallis had taken over the Nelson home for his headquarters. He quietly urged General George Washington to open fire. The home was destroyed, and Nelson died bankrupt.
- Francis Lewis had his home and properties destroyed. The enemy jailed his wife, and she died within a few months.
- John Hart was driven from his wife's bedside as she was dying. Their 13 children fled for their lives. His fields and his gristmill were laid to waste. For more than a year he lived in forests and caves, returning home to find his wife dead and his children vanished. A few weeks later he died from exhaustion and a broken heart.
- Norris and Livingston suffered similar fates.

...Such were the stories and sacrifices of the American Revolution. These were not wild-eyed, rabble-rousing ruffians. They were soft-spoken men of means and education. They had security, but they valued liberty more. Standing tall, straight, and unwavering, they pledged:

"For the support of this declaration, with firm reliance on the protection of the divine providence, we mutually pledge to each other, our lives, our fortunes, and our sacred honor." -

Author Unknown

Can you match these superheroes to their aliases??? (If not... you never read comic books!!)

1. Spiderman
2. Batman
3. Wonder Woman
4. Captain America
5. Superman

- A) Steve Rogers
- B) Clark Kent
- C) Peter Parker
- D) Bruce Wayne
- E) Diana Prince

ANSWERS 1C; 2D; 3E; 4A; 5B

"Nobody goes to that Restaurant anymore.
It's always crowded." - Yogi Berra
(Former New York Yankees baseball player)

World news from Reuters news agency:

CHILD REPORTS GRADMAS DUMPLINGS TO POLICE

A four-year old Austrian boy was so disgusted by his grandmother's plum dumpling that he dialed emergency services for help. Austrian state television ORF said.

When the startled policeman on the other end of the line in Linz asked the young caller what he thought the police should do, the boy was clueless, the report said.

The officer pleaded with the boy to give grandmother's plum dumplings another chance. He agreed and hung up.

SALAMI "GUN" CAUSES POLICE ALERT

A man who mistook salami for an automatic pistol triggered a major police operation in southern Germany involving 10 police cars and a helicopter.

The man alerted police that he had seen three men handling a gun in a car at an autobahn service area. Police cars, dogs and a helicopter chased the car and held up the men, only to identify the "weapon" as a salami.

"Behind the dirty windows of the car, the man had mistaken the salami for a gun," a police spokesman in Traunstein said. "The men in the car had probably passed the sausage inside the car."

The salami was returned to its owners, he said.

BAD SPELLERS OF THE WORLD UNTIE!

Jokes told by Fred Willard, as heard on the
'Jimmy Kimmel Show'.

The Boss asks his Salesman,
"Did you get any Orders Today",
The Salesman replied, "Get Out, Stay Out, and Don't
Come Back."

A man tells his friend, "I'm leaving my job," His
friend says, "Was you Boss surprised?"
"No, it was his idea."

A man is drowning and he shouts out, "I can't swim!"
another man walking by the water's edge yells back,
"I can't play the piano, but you don't hear me
shouting about it!"

The Boss says, "I'm looking for someone who is
honest, reliable and not afraid to work." The job
applicant replies, "Hire me, I'll help you look!"

"EVERYTHING YOU PRETEND TO KNOW
AND ARE AFRAID SOMEONE WILL ASK"
-by Lynette Padwa (Penguin Books)

What is a SigAlert?

SigAlert... Signal Alert? It makes sense, but it's wrong. The term SigAlert came about in honor of a Los Angeles radio broadcaster, Lloyd Sigmon, who was famous during the 1950s for breaking bulletins about traffic jams. In 1993 the term made its way into the Oxford English Dictionary, which defines it as "a message broadcast on the radio giving warning of traffic congestion; a traffic jam." A SigAlert, then, doesn't necessarily indicate an automobile accident. It just means the highways are backed up.

What are Capers?

They're tiny, they're intense, and they've been in your refrigerator for about two years now... Are they part of some larger vegetable or are they an itsy bitsy plant? Capers are neither. They are the pickled, unopened flower buds of the *Capparis spinosa*, a trailing shrub that thrives in the desert. There are one hundred seventy species of capers, most of which grow in the Sahara and Mediterranean regions. They first made their appearance in ancient Greece, and have been spicing up dishes across the globe since at least 600 B.C.

The younger a caper is (before pickling), the tastier it will be. In parts of France, caper shrubs are set out on special sun-drenched terraces and the buds are harvested every two days, to guarantee they'll be plucked at their tenderest. Unlike wine, however, bottled capers do not improve with age. So go ahead and buy a new jar the next time you get the urge to make veal piccata.

-have you tried our

Cafe 50's chicken piccata with sautéed capers? Try it! It's fabulous and delicious! - Craig

What does Quid Pro Quo mean?

This is a term politicians love to bandy about, maybe because the Latin makes them feel authoritative. It basically means "tit for tat", but imagine for a moment a president insisting that "there will be no tit for tat between this administration and the gun lobby." In the political and business worlds the phrase implies back-scratching, trading one favor for another.

What's a Mitzvah?

Driving down the street, you notice an old lady standing on a corner looking confused. Instead of driving by, you stop, ask her where she needs to go, and drive her there. In Yiddish that's a *mitzvah* - a good deed.

The secret of happiness revealed!

What makes us happier: the things we do, or the things we own? The answer is a little more complicated than you might think, according to the *Journal of Consumer Research*. When we're satisfied, we tend to be happier with experiences like a vacation than with goods like a plasma TV. But when something goes wrong—the airline loses our luggage (experience), or the TV breaks (product)—our negative reaction to the experience tends to be stronger than the negative response to the product. **One conclusion:** Consumers should be very careful when choosing experience-based goods to buy (like vacations or concerts), as the impact of a bad experience will lead to greater unhappiness.

JOHN: I ONCE SANG THE 'STAR SPANGLED BANNER' NONSTOP FOR THREE HOURS.
CINDY: BIG DEAL. I CAN SING 'STARS AND STRIPES FOREVER'.

Medical Jokes ...

-I used to be schizophrenic, but we're all right now.
 -A toothache is the pain that drives you to extraction.
 -A guy complains of a headache. Another guy says, "You should do what I do. I put my head on my wife's bosom and my headache goes away." The next day, them man says, "Did you do what I told you to?" "Yes, I sure did. By the way, you have a nice house!"

-HENNY YOUNGMAN

Doctor: I don't like the looks of your husband.
 Wife: I don't either, but he's good to the children.

The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not. -MARK TWAIN

Funeral Joke...

A funeral service is being held for a man who just passed away. At the end of the service, the pallbearers are carrying the casket out when they accidentally bump it into a wall. They hear a faint moan. They open the casket and find that the man is actually alive. He lives for 10 more years and then dies. A ceremony is again held at the same church. And at the end of the service the pallbearers are again carrying out the casket. As they are walking, the wife cries out, "Watch out for the wall!"

WORDS OF WISDOM

Originality is the fine art of remembering what you hear but forgetting where you heard it.

Many a man fails as an original thinker simply because his memory is too good.

The surest way to corrupt a youth is to instruct him to hold in higher esteem those who think alike than those who think differently.

One worthwhile task carried to a successful conclusion is better than 50 half-finished tasks

"I know not what course others may take, but as for me, give me liberty or give me death." -Patrick Henry



"I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident that all men are created equal'"
 -Martin Luther King Jr.

"To sin by silence when they should protest makes cowards of men." -Abraham Lincoln

"The basis of a democratic state is liberty." -Aristotle

"We hold these truths to be self evident, that all men are created equal."
 -Thomas Jefferson


CAFE 50's JULY CALENDAR OF EVENTS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>July is PARKS & RECREATION Month!!</p>	<p>Did you know...? ...in 1826 both Thomas Jefferson and John Adams died... On July 4th !!!!</p>	<p>1 1956: two airliners collide over the Grand Canyon killing 128. Buy one Sandwich, get one FREE! 6pm-10pm with purchase of 2 drinks</p>	<p>2 1950: North Korea protests US intervention in Korean War to UN 1954: Washington reports national debt at \$9.4 billion.</p>	<p>3 1954: Britain ends Meat rationing Chocolate, Vanilla Strawberry Shakes \$2.98 6-10pm</p>	<p>4 Independence Day We are OPEN at 8am until Midnight!!! Fresh Fish Dinner with salad \$10.79 (6pm - 10pm)</p>	<p>5 1954: Boeing conducts first flight tests of B-52 Magic: (West L.A.) Deanna 11am-2pm</p>
<p>6 1952: 25th Republican National Convention opens in Chicago. Try our Sweet Potato Pancakes!! Magic: Mica 11-2pm</p>	<p>7 1953: Communists agree to resume truce meetings. Demands to U.N. that South Korea adheres. Burgers & Omelets 50%OFF 6pm-10pm with purchase of a drink</p>	<p>8 1952: Heat wave in France and Germany kills 400 Buy one Sandwich, get one FREE! 6pm-10pm with purchase of 2 drinks</p>	<p>9 Louis Pasteur gave first successful anti rabies shot 1885. Kids eat FREE! w/ Adult Meal.</p>	<p>10 1776: Declaration of Independence first read in public. Chocolate, Vanilla Strawberry Shakes \$2.98 6-10pm</p>	<p>11 -1958: Johnny Cash signed with Columbia Records- Nude Recreation Week (Let's get naked?) Fresh Fish Dinner with salad \$10.79 (6pm - 10pm)</p>	<p>12 1954: Ike Proposes interstate highway system. Magic: (West L.A.) David 11am-2pm</p>
<p>13 1958: Postage for a first class letter is now 4 cents. Magic: Nathan 11am-2pm</p>	<p>14 1952: GM plans to offer air conditioning on some new 1953 cars Eggs Benedict! Burgers & Omelets 50%OFF 6pm-10pm with purchase of a drink</p>	<p>15 1951: J.D. Salinger's "A Catcher in the Rye is published" Have you tried our Fresh Grits? Buy one Sandwich, get one FREE! 6pm-10pm with purchase of 2 drinks</p>	<p>16 1950: Cancer Conference in Paris announces that Cigarette smoking is harmful. 1954: New York police begin use of "drink-o-meter" Kids eat FREE! w/ Adult Meal.</p>	<p>17 Disney Land Opened (1955)  Chocolate, Vanilla Strawberry Shakes \$2.98 6-10pm</p>	<p>18 1951: Jersey Joe Walcott Kos Ezzard Charles for heavyweight title. Fish & Chips Only \$8.97 Chowder \$3.99 (6pm - 10pm)</p>	<p>19 1950: The Army's first attempt to launch a guided missile fails. Magic: (West L.A.) Mike 11-2pm</p>
<p>20 1950: General Motors announces that it is about to mass produce Tanks. Magic: Nathan 11am-2pm</p>	<p>21 1958: the ESSO Gas Research Dept. claims that listening to "rock and roll" on your car radio can increase your gas mileage due to motorists unconsciously jiggling their gas pedals. Burgers & Omelets 50%OFF 6pm-10pm with purchase of a drink</p>	<p>22 1950- Korean War causes US food shortages. Prices on gas, meat, coffee, bread & sugar rise dramatically. Buy one Sandwich, get one FREE! 6pm-10pm with purchase of 2 drinks</p>	<p>23 1952- U.S. Steel Workers end a 53 day strike. Settle on \$2.02 per hour. Kids eat FREE! w/ Adult Meal.</p>	<p>24 1952- Democratic National Convention in Chicago. Adlai Stevenson is the front runner. Chocolate, Vanilla Strawberry Shakes \$2.98 6-10pm</p>	<p>25 1959: Nixon and Khrushchev meet in Moscow. Clam Chowder Only \$3.99 (6pm - 10pm)</p>	<p>26 1952: Eva Peron dies at age 33. Magic: (West L.A.) Deanna 11am-2pm</p>
<p>27 1953- Korean War comes to an end. After 3 years and 32 days. FREE a la mode 11am 8pm!!!</p>	<p>28 1953: Armistice begins in Korea. Burgers & Omelets 50%OFF 6pm-10pm with purchase of a drink</p>	<p>29 1955: U.S. announces it will launch world's first Satellite in 57 or 58 Buy one Sandwich, get one FREE! 6pm-10pm with purchase of 2 drinks</p>	<p>30 Pajama Party 6pm - 10pm.</p>	<p>31 1950 Safety Council: 15,080 traffic deaths in first 6 months of this year. Up 11% over 1949. Chocolate, Vanilla Strawberry Shakes \$2.98 6-10pm</p>	<p>National Ice Cream Month </p>	<p>July is National Blueberry Month... -Try our Blueberry Lite Shake! Billy Holiday dies July, 1959 at age 44.</p>



CAFE 50's July Junior Newsletter



Lemon Chocolate Sodas


Chocolate Soda Ingredients:

 2 Tsp Chocolate Syrup
The kid you make chocolate milk from

 2 Tbsp Milk 

 2 Tbsp vanilla ice cream 

 1 cup lemonade 

 1 ice cube

Ooohh, these are so good in the summer. We make them at our soda fountain here at Cafe 50's. We thought we'd let you in on the secret so that you can try it at home if you want too.

- In a tall glass, mix chocolate syrup and milk.
- Add ONE Tbsp vanilla ice cream. **STIR**
- Add 2nd Tbsp vanilla ice cream, 1 cup lemonade and 1 ice cube. **Stir lightly.**
- Serve with a straw.

KIDS KORNER

JULY 4th Word Search

A	M	E	R	I	C	A	B	R	B	A	R	B	Q	U	E	K	D
M	S	G	R	N	I	S	J	U	L	Y	J	T	U	A	S	E	F
M	O	K	R	D	N	F	L	F	U	V	E	Q	A	R	L	B	H
Y	D	D	V	E	C	S	W	B	E	T	S	Y	R	O	S	S	S
L	R	E	E	P	I	U	H	B	I	N	A	T	P	W	I	E	T
A	P	P	L	E	P	I	E	H	E	D	L	R	G	A	G	T	A
B	A	L	O	N	R	S	W	F	I	T	U	E	S	S	N	A	T
V	T	A	F	D	P	F	C	L	Y	N	T	B	E	H	C	T	O
F	R	R	H	E	P	N	O	A	I	M	E	I	U	I	T	S	P
J	I	G	S	N	A	H	E	G	L	N	S	L	Q	N	I	D	E
K	O	D	R	C	R	E	D	J	I	V	C	E	A	G	L	E	F
E	T	I	L	E	A	S	S	E	R	G	N	O	C	T	J	T	S
P	I	U	M	J	D	M	J	N	G	P	L	Y	L	O	S	I	H
L	C	M	A	S	E	L	C	N	U	P	L	T	S	N	E	N	T
O	U	H	S	H	U	F	E	G	D	H	U	A	E	N	A	U	I
S	T	A	R	S	A	N	D	S	T	R	I	P	E	S	I	C	L

- | | | |
|----------------|------------|-------------------|
| America | Picnic | Stars and Stripes |
| Independence | Lincoln | Bar B Que |
| Uncle Sam | Flag | Salute |
| Apple Pie | Betsy Ross | Freedom |
| Washington | Parade | Eagle |
| Summer Holiday | Patriotic | July |
| Red | White | Blue |
| Liberty | Congress | United States |

JUMBLE FOR KIDS

- that scrambled word game! @
By HENRI ARNOLD and MIKE ARGIRON

The letters of these crazy words are all mixed up. To play the game, put them back into the right order so that they make real words you can find in your dictionary. Write the letters of each real word under each crazy word, but only one letter to a square.

EGP
□ □ □

LILK
□ □ □

STOF
□ □ □

BILO
□ □ □

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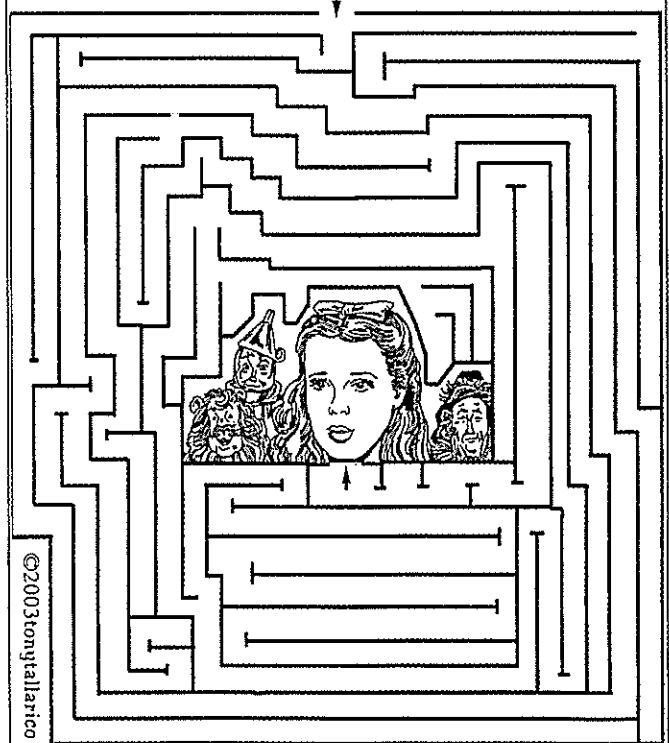
You are now ready to solve today's Jumble For Kids. Study the picture for a hint. Then play around with the letters in the circles. You'll find you can put them in order so that they make your funny answer.

Print answer here: ○ ○ ○ ○ ○ ○ ○ ○

Jumbles: PEG KILL SOFT BOIL
Answer: Not a good thing to do if you have a temper - LOSE IT

COLOR ME JUMBLE 5, For kids who like word games and coloring. Send \$5.99 (incl. postage and handling) to P. O. Box 4330, Chicago, IL 60680-4330. Include your name, address and zip code and make check payable to Tribune Media Services, Inc.

Be an a-maze-ing wizard and follow the correct path to Dorothy and her friends!



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